

Bread

Welcome to this time of Quiet Reflection. Take your time reading to yourself (or out loud) some or all of these bible passages, and then pausing for a few minutes after any that you wish to reflect on.

The Taizé chants between readings can be sung in your head as often as you like, or out loud, or listened to from these links, pausing as you wish:

Bless the Lord my soul - <https://www.youtube.com/watch?v=t4Svh-9ohg4>

Nothing can trouble - https://www.youtube.com/watch?v=aRsxU_3-fpk

O Lord hear my prayer - <https://www.youtube.com/watch?v=2nCy2j07ECM>

Beginning

*Bless the Lord, my soul,
and bless God's holy name.*

*Bless, the Lord, my soul,
who leads me into life.*

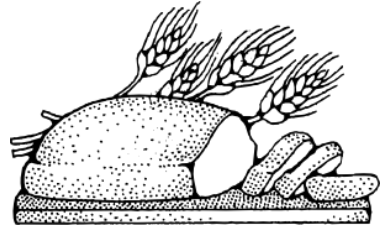
Genesis 3.19

By the sweat of your face
you shall eat bread
until you return to the ground,
for out of it you were taken;
you are dust,
and to dust you shall return.'

Genesis 18

The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, 'My Lord, if I find favour with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree.

Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.'



Genesis 41.49-42.2

So Joseph stored up grain in such abundance—like the sand of the sea—that he stopped measuring it; it was beyond measure. Then the seven years of plenty that prevailed in the land of Egypt came to an end; and the seven years of famine began to come, just as Joseph had said. There was famine in every country, but throughout the land of Egypt there was bread. When all the land of Egypt was famished, the people cried to Pharaoh for bread. Pharaoh said to all the Egyptians, 'Go to Joseph; what he says to you, do.' And since the famine had spread over all the land, Joseph opened all the storehouses, and sold to the Egyptians, for the famine was severe in the land of Egypt. Moreover, all the world came to Joseph in Egypt to buy grain, because the famine became severe throughout the world. When Jacob learned that there was grain in Egypt, he said to his sons, 'Why do you keep looking at one another? I have heard', he said, 'that there is grain in Egypt; go down and buy grain for us there, that we may live and not die.'

Exodus 2

Moses fled from Pharaoh and settled in the land of Midian, and sat down by a well. The priest of Midian had seven daughters. They came to draw water, and filled the troughs to water their father's flock. But some shepherds came and drove them away. Moses got up and came to their defence and watered their flock. When they returned to their father Reuel, he said, 'How is it that you have come back so soon today?' They said, 'An Egyptian helped us against the shepherds; he even drew water for us and watered the flock.' He said to his daughters, 'Where is he? Why did you leave the man? Invite him to break bread.' Moses agreed to stay with the man, and he gave Moses his daughter Zipporah in marriage.

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Exodus 12

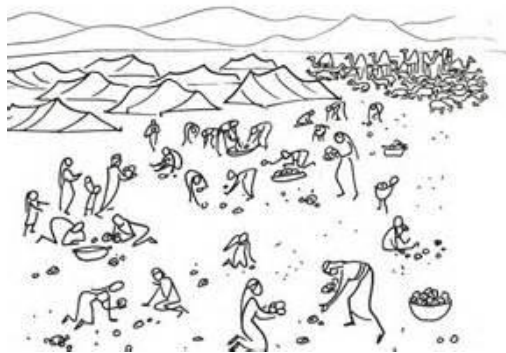
This day (of Passover) shall be a day of remembrance for you. You shall celebrate it as a festival to the Lord; throughout your generations you shall observe it as a perpetual ordinance. Seven days you shall eat unleavened bread; on the first day you shall remove leaven from your houses, for whoever eats leavened bread from the first day until the seventh day shall be cut off from Israel. On the first day you shall hold a solemn assembly, and on the seventh day a solemn assembly; no work shall be done on those days; only what everyone must eat, that alone may be prepared by you. You shall observe the festival of unleavened bread, for on this very day I brought your companies out of the land of Egypt



Exodus 16

The Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God."'

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat. This is what the Lord has commanded:



“Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents.” ’ The Israelites did so, some gathering more, some less.

Deuteronomy 7

He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the Lord

Ruth 2

At mealtime Boaz said to her, ‘Come here, and eat some of this bread, and dip your morsel in the sour wine.’ So she sat beside the reapers, and he heaped up for her some parched grain. She ate until she was satisfied, and she had some left over.

1 Samuel 21

So the priest gave David the holy bread; for there was no bread there except the bread of the Presence, which is removed from before the Lord to be replaced by hot bread on the day it is taken away.

1 Kings 7.48

So Solomon made all the vessels that were in the house of the Lord: the golden altar, the golden table for the bread of the Presence,

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1 Chronicles 23

The Levites duty shall be to assist the descendants of Aaron for the service of the house of the Lord, having the care of the courts and the chambers, the cleansing of all that is holy, and any work for the service of the house of God; to assist also with the rows of bread, the choice flour for the grain-

offering, the wafers of unleavened bread, the baked-offering, the offering mixed with oil, and all measures of quantity or size.'

Psalm 132

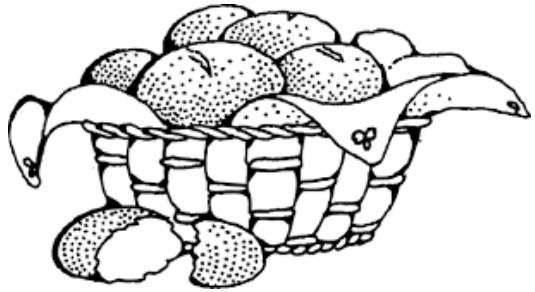
For the Lord has chosen Zion;
he has desired it for his habitation:
'This is my resting-place for ever;
here I will reside, for I have desired it.
I will abundantly bless its provisions;
I will satisfy its poor with bread.
Its priests I will clothe with salvation,
and its faithful will shout for joy.

Proverbs 22.9

Those who are generous are blessed,
for they share their bread with the poor.

Proverbs 25.21-22

If your enemies are hungry,
give them bread to eat;
and if they are thirsty, give
them water to drink;
for you will heap coals of fire
on their heads,
and the Lord will reward you.



Ecclesiastes 11.1

Send out your bread upon the waters,
for after many days you will get it back.

Isaiah 30.20

Though the Lord may give you the bread of adversity and the water of affliction, yet your Teacher will not hide himself any more, but your eyes shall see your Teacher.

Isaiah 58.2-12

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?
Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the Lord shall be your rearguard.
Then you shall call, and the Lord will answer;
you shall cry for help, and he will say, Here I am.

*Nothing can trouble,
nothing can frighten.
Those who seek God
shall never go wanting.
Nothing can trouble,
nothing can frighten.
God alone fills us.*

Matthew 3.15-4.8

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written,
"One does not live by bread alone,
but by every word that comes from the mouth of God."' '

Matthew 7

‘Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!

Mark 8

Now the disciples had forgotten to bring any bread; and they had only one loaf with them in the boat. And he cautioned them, saying, ‘Watch out—beware of the yeast of the Pharisees and the yeast of Herod.’ They said to one another, ‘It is because we have no bread.’ And becoming aware of it, Jesus said to them, ‘Why are you talking about having no bread? Do you still not perceive or understand? Are your hearts hardened? Do you have eyes, and fail to see? Do you have ears, and fail to hear? And do you not remember? When I broke the five loaves for the five thousand, how many baskets full of broken pieces did you collect?’ They said to him, ‘Twelve.’ ‘And the seven for the four thousand, how many baskets full of broken pieces did you collect?’ And they said to him, ‘Seven.’ Then he said to them, ‘Do you not yet understand?’

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Matthew 26

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, 'Take, eat; this is my body.' Then he took a cup, and after giving thanks he gave it to them, saying, 'Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.'



John 6.32-34

Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

Acts of the Apostles 2.42

They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers.

1 Corinthians 10.15-16

The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

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The Road to Emmaus –

Passage to be read slowly – imagine being one of the two disciples

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened.

While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him.

And he said to them, ‘What are you discussing with each other while you walk along?’

They stood still, looking sad.

Then one of them, whose name was Cleopas, answered him, ‘Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?’

He asked them, ‘What things?’

They replied, ‘The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him.

‘But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place.

‘Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive.

‘Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.’

Then he said to them, ‘Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared!

‘Was it not necessary that the Messiah should suffer these things and then enter into his glory?’

Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on.

But they urged him strongly, saying, ‘Stay with us, because it is almost evening and the day is now nearly over.’

So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them.

Then their eyes were opened, and they recognized him; and he vanished from their sight.

They said to each other, ‘Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?’

That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together.

They were saying, ‘The Lord has risen indeed, and he has appeared to Simon!’

Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Time for Silent Prayer

*O Lord hear my prayer.
O Lord hear my prayer.
When I call, answer me.
O Lord hear my prayer.
O Lord hear my prayer.
Come and listen to me.*

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Ending Prayer

Heavenly Father,
give us patient faith in times of darkness,
and strength to meet any troubles in the days to come.
May we may ever draw closer to you,
and find strength within the shelter of your love.
Amen.